Charge of Your Life!

- Right Away: If you find a lump, skin change, or any other breast changes or unusual discharge from your nipple(s), see your health care provider.
- Monthly: Breast self-exam is an option for finding breast changes. If you do not know how to check your breasts, ask your doctor or nurse to teach you. Breast Self-Exam



Yearly: Have a breast exam done by a health care provider. Have a mammogram if you are 40 or older.



Clinical Breast Exam

"Early Detection is the Best Protection... Every Year for Life"

To learn more, call

(800)227-2345

to ask about the SC Best Chance Network.

Or visit us online at www.scdhec.gov/bcn

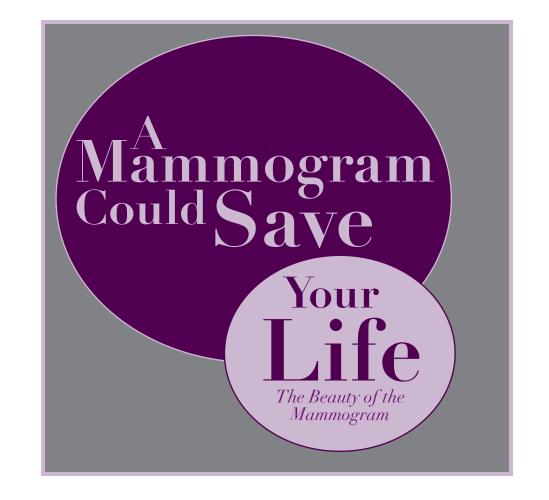






South Carolina Department of Health and Environmental Control

ML-002066 6/10



Why should I have a mammogram?

A mammogram could save your life. It can find breast cancer that is too small for your doctor or your nurse to feel. If detected early, breast cancer can be treated with more success.

How do I
know if I need a
mammogram?

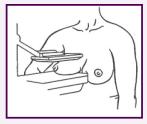
The American Cancer Society recommends that women age 40 and over have a mammogram every year. If you are not certain when to have a mammogram, check with the doctor or nurse who provides your care.

What is a mammogram?

A mammogram is an X-ray picture of your breast.

How is a mammogram done?

1. You will stand in front of and beside a machine. A trained person will take the X-ray by placing your breast between two plastic plates.



Mammogram

- 2. The plates will press your breast to make it flat. This may be uncomfortable for a few seconds, but it helps to get a clear picture of the entire breast.
- 3. Pictures will be taken of each breast, one at a time.
- 4. The entire process takes about 15 minutes. A doctor will read the results and you will be contacted if any abnormalities are found.

What does a mammogram cost?

The cost of a mammogram usually runs about \$200. Women between 47 and 64 who have low incomes and no health insurance, or hospital coverage only, can get a free breast exam, Pap test (if needed), pelvic exam and mammogram through the S.C. Best Chance Network with screening providers across the state.

Where
can I get a
mammogram?

To find out where you can get a mammogram:

- Ask your health care provider.
- If you are 47-64 years old, call the American Cancer Society at (800) 227-2345 and ask about the eligibility for the Best Chance Network.